

# I'M BORED!

## KIDS ACTIVITY LIST

**SUN**

Take care of plants    Go for a walk

Do something kind for someone

**MON**

Sleep late

Play with a Pet

Surf the Internet  
(Chat, Messenger)

**TUES**

Hang out with friends

Exercise

Dance or play music

**WED**

Daydream

Organize my time

Cook a favorite food

**THURS**

Sew or knit

Start a new project

Write Letters

**FRI**

Meditate or do yoga

Play a board game

Draw a picture

**SAT**

Watch nature

Learn something new

Go play outside